

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 03002, Babyfood, meat, beef, strained

Report Date: November 30, 2015 16:30 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	82.44	55	1.255	80.6	84.84	2.0	77.044	87.842	2	Aggregated data involving combinations of source codes 1 & 12	--	03/2007
Energy	kcal	81	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Energy	kJ	337	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Protein ¹	g	12.03	--	--	11.31	12.75	1.0	--	--	1	Analytical or derived from analytical	--	03/2007
Total lipid (fat) ¹	g	2.52	--	--	2.18	2.87	1.0	--	--	1	Analytical or derived from analytical	--	03/2007
Ash ¹	g	0.57	--	--	0.52	0.63	1.0	--	--	1	Analytical or derived from analytical	--	03/2007
Carbohydrate, by difference	g	2.43	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Minerals													
Calcium, Ca ¹	mg	5	--	--	4	5	1.0	--	--	1	Analytical or derived from analytical	--	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe ¹	mg	0.98	--	--	0.75	1.2	1.0	--	--	1	Analytical or derived from analytical	--	03/2007
Magnesium, Mg ¹	mg	11	--	--	10	11	1.0	--	--	1	Analytical or derived from analytical	--	03/2007
Phosphorus, P ¹	mg	93	--	8.505	84	110	2.0	56.406	129.594	2	Aggregated data involving combinations of source codes 1 & 12	--	03/2007
Potassium, K ¹	mg	187	--	17.638	160	220	2.0	110.775	262.558	2	Aggregated data involving combinations of source codes 1 & 12	--	03/2007
Sodium, Na ¹	mg	41	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	07/2010
Zinc, Zn ¹	mg	2.22	--	0.165	1.9	2.46	2.0	1.507	2.93	2	Aggregated data involving combinations of source codes 1 & 12	--	03/2007
Copper, Cu ¹	mg	0.148	--	--	0.15	0.15	--	--	--	1	Analytical or derived from analytical	--	03/2007
Manganese, Mn ¹	mg	0.037	--	--	0.04	0.04	--	--	--	1	Analytical or derived from analytical	--	03/2007
Selenium, Se ¹	µg	2.9	--	--	2.2	3.5	1.0	--	--	1	Analytical or derived from analytical	--	03/2007

Vitamins

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	2.1	--	0.100	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Thiamin ¹	mg	0.013	--	0.003	0.01	0.02	1.0	-0.028	0.055	2	Aggregated data involving combinations of source codes 1 & 12	--	03/2007
Riboflavin ¹	mg	0.135	--	0.008	0.13	0.14	1.0	0.039	0.23	2	Aggregated data involving combinations of source codes 1 & 12	--	03/2007
Niacin ¹	mg	2.495	--	0.355	2.14	2.85	1.0	-2.01	6.999	2	Aggregated data involving combinations of source codes 1 & 12	--	03/2007
Pantothenic acid ¹	mg	0.083	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Vitamin B-6 ¹	mg	0.039	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Folate, total ¹	μg	8	--	--	5	11	1.0	--	--	1	Analytical or derived from analytical	--	03/2007
Folic acid ¹	μg	0	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007
Folate, food ¹	μg	8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Folate, DFE	μg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Choline, total ¹	mg	37.6	--	1.075	32.8	43.5	--	--	--	--	Analytical or derived from analytical	--	07/2007
Betaine ¹	mg	3.1	--	0.134	2.5	3.8	--	--	--	--	Analytical or derived from analytical	--	07/2007
Vitamin B-12 ¹	µg	1.26	--	0.160	1.1	1.42	1.0	-0.773	3.293	2	Aggregated data involving combinations of source codes 1 & 12	--	03/2007
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Retinol	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Vitamin E (alpha-tocopherol) ¹	mg	0.37	--	--	0.23	0.51	1.0	--	--	1	Analytical or derived from analytical	--	03/2007
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta ¹	mg	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, gamma ¹	mg	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2007
Tocopherol, delta ¹	mg	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2007
Vitamin D (D2 + D3)	µg	0.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D ¹	IU	15	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Vitamin K (phylloquinone) ¹	µg	0.6	--	--	0	1.1	1.0	--	--	1	Analytical or derived from analytical	--	03/2007
Lipids													
Fatty acids, total saturated	g	1.180	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
10:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
12:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
14:0 ¹	g	0.060	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
15:0 ¹	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0 ¹	g	0.530	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
17:0 ¹	g	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
18:0 ¹	g	0.540	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
20:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
22:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
24:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
Fatty acids, total monounsaturated	g	0.950	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
14:1 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
15:1 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
16:1 undifferentiated ¹	g	0.070	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
17:1 ¹	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
18:1 undifferentiated ¹	g	0.860	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
20:1 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
22:1 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
24:1 c ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
Fatty acids, total polyunsaturated	g	0.160	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
18:2 undifferentiated ¹	g	0.090	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
18:3 undifferentiated ¹	g	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
18:4 ¹	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
20:2 n-6 c,c ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
20:3 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
20:4 undifferentiated ¹	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
20:5 n-3 (EPA) ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
21:5 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
22:4 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
22:5 n-3 (DPA) ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Cholesterol ¹	mg	51	--	--	32	70	1.0	--	--	1	Analytical or derived from analytical	--	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8a, 2003 Beltsville MD